

FAQs

HOW DO I GET ON THE BUS PICK UP LIST?

Bus pick up to and from the Sr Rec Center is available M-W-F for Wylie Residents.

Just see the front desk staff at the Sr Rec Center to get your name on the pick up list. If the bus is already full your name will be added to a waitlist.

WHAT IS A STORE TRIP?

Every other Tuesday the bus will pick up riders and take them around town to run errands. Typical stops include Walmart and Dollar Tree. Special requests to other local shopping is subject to approval.

WHAT IF I HAVE TO CANCEL A TRIP?

Cancellation must be made 24 hours prior to the scheduled start time. Notify a Sr Rec Center staff person. Refer to p.36 of the Activity Menu for more information on Sr Rec Center Refunds.

SENIOR REC CENTER TEMPORARY LOCATION @

Waterbrook Bible Church

507 Thomas Street, Wylie

MONDAY - FRIDAY

9 am - 2 pm

THURSDAY

Only open for field trips

Saturday

9 am - 12 pm



Sr Rec Center ID

Sr Rec Center IDs are available at no charge for ages 55 + at the Senior Recreation Center. Gain access to Open Play activities. Review Rec Pass Terms of Use, Facility Rules and Guidelines prior to sign up.

January 2016

Sr Rec Center

800 THOMAS - 100 | 972-442-8119 | Recreation@WylieTexas.gov

SPECIAL EVENTS

Celebration Luncheon

Happy birthday to you, and you, and you! Give and get celebratory wishes during this long-standing Wylie tradition. Fill your belly with a hot, hearty, and free meal with friends, and take home the latest program information. Eat, talk, laugh, and stick around for an afternoon of games and door prizes. Register by Monday prior to event.

Senior Recreation Center

Ages: 55 Yrs +

Chinese New Year

Day	Date	Time	Charge	Phone
F	1/20	11:30 AM - 1 PM	No Charge	6975

Texas Hold 'Em Tournament

You have been practicing, now it is time to show off your skills. The house dealer provides all players with the same amount of chips. The player with the most chips wins a prize. Friendly competition and fun for everyone!

Senior Recreation Center

Ages: 55 Yrs +

Day	Date	Time	Charge	Phone
M	1/30	10 AM - 1 PM	No Charge	7125

The Reelers

Calling all movie buffs! Meet with fellow movie lovers to enjoy a mix of comedy and drama, cult classics, modern-day masterpieces, and black and white favorites at the center. Grab a bag of complimentary popcorn while you watch, and break for a slice of pizza at lunch.

Senior Recreation Center

Ages: 55 Yrs +

Steel Magnolias & Parental Guidance

Day	Date	Time	Charge	Phone
Tu	1/10	10 AM - 3 PM	No Charge	6992

You've Got Mail & Marley and Me

Day	Date	Time	Charge	Phone
Tu	1/24	10 AM - 3 PM	No Charge	6993

January 2016

SPECIAL EVENTS [CONTINUED]

Coffee Talk

Talk over your recreation ideas, wants, and needs with peers. Lending your voice created programs like YANA (You are Not Alone), Gold Card events, and new trips. Gain inside information on upcoming events and influence programming. Share ideas, brainstorm, and ask questions. You provide the input, and we provide the snacks.

Senior Recreation Center

Ages: 55 Yrs +
W 1/4 12:30 - 1:30 PM FREE 6684

Store Trip

You do the shopping while we do the driving! Every other Tuesday the bus will pick you up and take you around to run your errands. Typical stops include Walmart, Dollar Tree and the bank. Bring money for lunch and shopping.

Ages: 55 Yrs +
Tu 1/3 10 AM - 2 PM FREE 6726
Tu 1/17 10 AM - 2 PM FREE 6727

WITHDRAWALS

PLEASE WITHDRAW AT LEAST 24 HOURS BEFORE CLASS START TIME. THIS ALLOWS THE INSTRUCTOR TO ADJUST CURRICULUM AND WAITLISTED GUESTS TO BE REGISTERED.

Texas Hold ‘Em

Time to practice your poker face! Expand your skills or learn new techniques. Try your luck with the house dealer and learn when to bet, raise, call, or fold in this popular card game. Play friendly wagers, antes, and double downs for bragging rights. All levels welcome.

Senior Recreation Center

Ages: 55 Yrs +
Instructor: Matthew Kruse
M 1/2 - 1/30 10 AM - 12 PM No Charge 7170

SENIOR SERVICES

MOW Congregate Lunch

Meals on Wheels Collin County provides a nutritious lunch for seniors who are able to attend the Sr Center. Call or sign up with Sr Rec Center staff before noon the day before to make a reservation for a hot meal with 1/3 of your recommended vitamins and minerals! See Sr Rec Center front desk staff for registration forms and monthly menu.

Wylie Rec Center
Ages: 60 Yrs +

WISD Gold Card Program

Join the Wylie Independent School District's Gold Card program and get admitted free of charge to Wylie ISD home athletic events and reduced ticket prices for most activities sponsored by the school district! Senior Rec Center bus will be providing transportation to select events throughout the year. See Sr Rec Center front desk staff for registration forms.

Wylie Rec Center
Ages: 65 Yrs +

North Central Texas Area Agency on Aging

The Area Agency on Aging has a new way to help you with health care, drug, food and utility costs. Staff at the Benefits Enrollment Center can submit applications for you if you meet the requirements for one or more of the following programs.

- Medicare Savings Programs (MSPs)
- Medicare Part D Extra Help (EH)
- SNAP food assistance
- LIHEAP/CEAP utility assistance
- SSI/Medicaid
- Programs for prescription help, tax relief or respite care

You may qualify if you have limited income and you are on Medicare or have a disability. There is no cost to apply. Call at 1-800-272-3921, ext. 7364 or 7687, or email at benefits@nctcog.org.

COMING UP

Lovebug Social

NEW!

The little Love Bug is here, bringing you lots of love and cheer! Try your luck at the spinning wheel of love. Create and trade Valentines with friends and make themed crafts. Bring a sweet chocolate treat to share with others.

Senior Recreation Center

Ages: 55 Yrs +

M	2/13	1 - 3 PM	No Charge	7328
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Texas Cowboy Hall of Fame

Grab your boots and head to the stockyards. See memorabilia from Texas legends Nolan Ryan, Willie Nelson, and many more! From a Chisholm Trail Exhibit to a Zigrang Bit Collection, this exciting venue honors notable men and women who have excelled in Texas' western lifestyle. Questions? Contact Wylie Senior Rec staff, Recreation@WylieTexas.gov or 972-442-8119.

Ages: 55 Yrs +

Th	2/23	10:30 AM - 3:30 PM	\$5	7182
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TRIPS LET'S GO!

Senior Chow Critics

Everyone's a critic! Hunt for the best burger, perfect pepperoni pizza, and excellent egg fooyung around while exploring local metro eateries both new and well-established. This great social outing for fellow foodies and friends leaves you stuffed and satisfied. Bring money for lunch and a dessert stop. Questions? Contact Wylie Senior Rec staff, Recreation@WylieTexas.gov or 972-442-8119. Dessert at Mrs.Fields & TCBY.

Ages: 55 Yrs +

Frankies

Th	1/5	11 AM - 2 PM	No Charge	7071
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6th Floor Museum

Do you believe the conspiracy theories? Visit the school book depository and Dealey Plaza to go back to this historic day in Dallas, Texas. Examine the life, death, and legacy of President John F. Kennedy through artifacts, photographs, documentary film, key evidentiary areas, eyewitness accounts, and interactive educational programming. Questions? Contact Wylie Senior Rec staff, Recreation@WylieTexas.gov or 972-442-8119. Lunch at McAlister's Deli.

Ages: 55 Yrs +

Th	1/26	10:30 AM - 3:30 PM	\$15	7201
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Museum of Science & History

Discover the history and future of North Texas. View current information from the Hubble Telescope, artifacts from the World Trade Center, and learn about alternative sources of energy. Explore dinosaur skeletons and the history of the cattle industry. Questions? Contact Wylie Senior Rec staff, Recreation@WylieTexas.gov or 972-442-8119. Lunch at Jason's Deli.

Ages: 55 Yrs +

Th	1/12	10:30 AM - 3:30 PM	\$10	7200
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Lakewood Brewery Tour

Cheers! This Belgium inspired brewery, right down the road, offers everything from pumpkin to milk based ales. Learn the history of this family owned business, see beers in the making, and try a variety of samples while mingling with friends. Questions? Contact Wylie Senior Rec staff, Recreation@WylieTexas.gov or 972-442-8119. Lunch at Eddie's Napoli's Italian Bistro.

Ages: 55 Yrs +

Th	1/19	10:30 AM - 2:30 PM	\$10	7177
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QUESTIONS ABOUT TRIPS?

CONTACT WYLIE SENIOR RECREATION

CENTER STAFF,

RECREATION@WYLIENTEXAS.GOV

OR 972-442-8119

REGISTER PER PERSON, BRING AT

LEAST \$12 FOR LUNCH.

THE ARTS

Basic Floral Design

Learn the ins and outs of floral design from a professional florist. Go through the step-by-step process of floral design by learning the basic design elements and principles while creating a beautiful project to take home. Put together various types of floral arrangements from corsages to round arrangements while meeting new friends.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Kate Philippi
Tu 1/3 10 - 11 AM \$3 7077

Creative Confections

Treat yourself to the sweetest projects! Join in for a yummy and simple spin on cakes, candies, and cookies, and discover a world of confectionery delight. Use items found in most home kitchens to transform ordinary sweets and treats into edible treasures. Baking supplies and ingredients provided.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Amy Cortez

Popcorn Party

M 1/23 12:30 - 2 PM No Charge 7120

Wreath Making

Time to decorate your door. Make spirited creations with friends and get into the holiday spirit. Create a beautiful holiday wreath using a variety of textures, ribbon, and decor. Learn how to select and place stems and color for a balanced and whimsical look.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Lupe Kuharsky
Tu 1/24 1 - 2 PM \$3 7090

Senior Craft Corner

Get crafty! Create one-of-a-kind treasures to keep or share with your friends and family. Quick and easy projects include something for everyone. Learn a new skill or show off an old one in a friendly environment with fellow crafters. All supplies provided.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Jennifer Hollien

Popsicle Snowflakes

W 1/18 12:30 - 1:30 PM No Charge 7114

Crochet

Chain, slip stitch, and double crochet your next craft project. Learn the basic steps of crochet while experimenting with a variety of color schemes and textures. Take home a great handmade project or gift plus the skills to make many more.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Michelle Stone
M 1/2 - 1/16 1 - 2 PM No Charge 7108

Chair Yoga

Relax and rejuvenate while improving balance and mobility. Get Fit Where You Sit, DVD video series focuses on physical and mental fitness with the aid of a chair. Step-by-step instruction combines low impact cardio, resistance training, and stretching with mind-body techniques that promote active mindfulness and meditation.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Cindy Risteen
S 1/4 - 1/25 1:30 - 2:15 PM No Charge 7158

AWESOME EXPERTS

JOYCE MCGAUGHEY teaches fitness classes at the Senior Recreation Center. She is a senior herself and has been volunteering her time since 2011 to make this program the success it is. Her class has grown exponentially since its early days due to her motivation and determination to help her peers be fit and live a healthy life.

SHERRY PANNELL has been attending Latin Aerobics classes since January 2010. By 2012, the Zumba phenomenon caught fire and she became hooked. In 2013, Sherry received her Zumba Basic and Zumba Gold certifications. A senior herself, Sherry is excited to share her love for Zumba with other seniors.

AMY CORTEZ offers Creative Confections. Amy's love for baking comes from her grandmother. Growing up she was given a night to cook, and when given that night she always chose to just bake. Her favorite things to bake include cupcakes and cakes. She loves decorating her creations and sharing with others.

CINDY RISTEEN teaches Chair Yoga. She has been part of the Senior Rec team since 2013 and firmly believes that maintaining a strong core is important to senior health. With the help of a DVD guided chair yoga program, Cindy leads and aids participants to improve their physical and mental health.

Wylie Rec Center

Stay healthy and fit in a safe, clean and accessible environment! Wylie Recreation Center offers your choice of fitness equipment, a 1/10 of a mile indoor walking track, strength equipment, and more! Watch your local news or favorite shows while you work out.

Location: 300 Country Club, Building 200

Rec Pass - Adult ages 55+

Annual: \$135; \$105 with Wylie Resident discount applied

1 Month: \$14; \$10 with Wylie Resident discount applied

HEALTH & FITNESS

Group Exercise

Participate in a fit and fun low-impact workout. This unique curriculum accommodates the needs of people that have trouble standing on the floor to exercise. The combination of resistance bands, arm weights, and chair exercise keep you engaged and feeling great.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Joyce McGaughey

M W F 1/2 - 1/30 9:30 - 10:30 AM

No class 1/2, 1/20

No Charge 7146

Woodworking

Grab a hammer and some nails for this hands-on experience! Unleash your creative potential while learning how to transform wood into beautiful and practical products to take home. Learn basic techniques and hone your skills. Each month features a new project. All supplies provided.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Matthew Kruse

F 1/6 - 1/27 1:30 - 2:30 PM

No Charge 7096

Gardening

Embrace your green thumb! Learn and share gardening tips while socializing with friends and getting some fresh air. Grow your very own fruits and vegetables alongside a skilled instructor. Gain valuable plant care tips. We provide the seeds, tools, and soil.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Kate Philippi

W 1/4 - 1/18 8:30 - 9:30 AM

No Charge 7102

Third Monday Book Bunch

Social networking and a good book. No batteries required! Immerse yourself into a good story with friends. Discuss thrilling tales, mysterious manuscripts, and awe-inspiring adventures. Paperback books selected a month in advance by the group and based on group discussion and interest.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Donna Shirley

M 1/16 12 - 1 PM

No Charge 7133

AWESOME EXPERTS

DONNA SHIRLEY, with the Smith Public Library heads up the Third Monday Book Bunch. She has been with the Smith Public Library since 2003. Donna earned her BA in Liberal Studies at Oklahoma Christian University and received her Master's of Library Science from Oklahoma University. While she enjoys reading nonfiction and across the genres, she is especially fond of reading British mysteries and horror.

MATT KRUSE offers woodworking instruction and Senior Wellness Series. Since joining the Senior Recreation Center staff in 2013, he has become the go-to handyman. Matt is an experienced woodcrafter and can build anything from cabinetry to decorative figurines. Matt is also a first responder and volunteers for Nevada and Lucas fire departments.

JENNIFER HOLLIEN offers craft instruction. As a mother, Jennifer enjoyed crafting with her children's vacation bible school and family birthday parties. She has helped the Senior Rec Center with holiday craft projects and decorating for parties and luncheons for many years. Jennifer is looking forward to helping others expand their creative expressions through Senior Craft Corner projects.

KATE PHILIPPI teaches Basic Floral Design and Gardening. Kate started in the floral industry in 1973. She studied floral design and earned her Florist Transworld Delivery master design certification. She has owned four flower shops in Tulsa, Oklahoma and taught floral design at the Tulsa Technology Center for 12 years.

January 2017

800 Thomas Street - 100
972-442-8119
RECREATION@WYLIETEXAS.GOV

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3 9:00 AM Store Trip 10:00 AM Basic Floral Design	4 9:00 AM Gardening 9:30 AM Group Exercise	5 11:00 AM Senior Chow Critics	6 9:30 AM Group Exercise 12:30 PM Bingo 1:00 PM Woodworking	7 10:00 AM Chair Yoga
8	9 10:00 AM Texas Hold 'Em Happy Circle at FBC Wylie	10 10:00 AM Reelers	11 9:30 AM Group Exercise	12 10:30 AM Museum of Science and History	13 9:30 AM Group Exercise 12:30 PM Bingo 1:00 PM Woodworking	14 10:00 AM Chair Yoga
15	16 9:30 AM Group Exercise 10:00 AM Texas Hold 'Em 12:00 PM Book Bunch 1:00 PM Crochet	17 9:00 AM Store Trip	18 9:00 AM Gardening 9:30 AM Group Exercise 12:30 Senior Craft Corner	19 10:30 AM Lakewood Brewery	20 11:30 AM Celebration Luncheon 12:30 PM Bingo 1:00 PM Woodworking	21 10:00 AM Chair Yoga
22	23 9:30 AM Group Exercise 10:00 AM Texas Hold 'Em 12:30 PM Creative Confections	24 10:00 AM Reelers 1:00 PM Wreath Making	25 9:30 AM Group Exercise	26 10:30 AM 6th Floor Museum	27 9:30 AM Group Exercise 12:30 PM Bingo 1:00 PM Woodworking	28 10:00 AM Chair Yoga
29	30 9:30 AM Group Exercise 10:00 AM Texas Hold 'Em Tournament	31				